



# **BJC HealthCare**

## ***Managing Health-Care Challenges By Managing Health***

# Missouri's Health-Care Challenges

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- Despite having some of the nation's best health-care institutions in our state, we continue to have major gaps in access to the right care at the right place at the right time for our citizens.
- Access to preventive health-care services is an urban AND rural challenge.
- Nationally, our employer-provided health insurance model is under pressure.
- The aging of baby boomers will place never before seen demands on the health-care system. Missouri's aged 65+ population is 15% higher than the national average, so we will feel the effects before many other parts of the country.
- We cannot control the costs of health care by focusing on care, we must focus on health.

# Bottom Line

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- The cost of health-care benefits cannot be managed effectively by attempting to restrict employee choice and access.
- The only way to effectively manage health-care costs is to manage health.
- We have to accept personal responsibility for our own health.
- We have to accept greater personal responsibility for helping to control health-care costs.
- Employers, government and the health-care provider community must be committed to developing and supporting wellness initiatives that help citizens stay healthy.
- In Missouri, we must acknowledge that health care is an economic development issue.

# Accepting Personal Responsibility for Health

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- All adults should know and actively manage these five health indicators:
  - Blood Pressure
  - Body Mass Index
  - Cholesterol
  - Blood Sugar
  - Smoking Status – Don't
- Managing these five health indicators will help reduce the incidence of heart disease, diabetes, hypertension, respiratory disorders and lung disease.
- Losing just five to ten percent of your body weight in a year's time has a number of health benefits and is an attainable goal. Example: For a 300 pound man, that would mean losing just two to three pounds a month over 12 months.
- Knowing and taking ownership of your health indicators and health information is the first step towards personal responsibility.

# Facilitating Personal Responsibility

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- BJC provides year-round on-site health fairs free of charge to our employees.
- BJC provides incentives for all employees who receive BJC medical benefits to complete an annual on-line health risk assessment and to accept a health pledge to manage and improve their health.
- BJC requires all employees who enroll in our Gold benefits plan to be non-smokers or enroll in a smoking cessation program.
- Like most employers, BJC has a medical benefits design that requires employees to help cover the increased costs of their health-care benefits.

# bjchelpforyourhealth.org

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- BJC has developed a number of programs and services to help employees fulfill their pledge to manage and improve their own health.
  - Health Fairs
  - Smoking Cessation Classes
  - Weight Watchers
  - Aspirin Initiative
  - Health Hall of Fame
- The complete menu of service offerings is available at <http://www.bjchelpforyourhealth.org/>



# myHealthFolders

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- myHealthFolders is an electronic personal health record – an on-line, secure and confidential repository of health information, which is maintained by each employee for themselves and their family members.
- In an emergency, myHealthFolders information can be made available to medical responders using an ID and password.
- BJC created this tool and offers the program free of charge to every employee.
- The goal is to encourage individuals to take responsibility for managing their own health information. In effect, every employee becomes their own primary care provider.
- Visit <http://www.myHealthFolders.com>



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Register now and get started  
**IT'S EASY & FREE!** [»](#)

TAKE A  
**TOUR** [»](#)



Your privacy is important to us. [»](#)

## What is myHealthFolders<sup>sm</sup>?

### Your secure, web-based Health Information Manager

- Focus on your family's health and well-being
- Organize and manage your family's health-related information

### Emergency Access to Your Health Information

- Your Emergency Card provides key medical information
- Your Emergency Health Report can be accessed by healthcare professionals using the log-in information on your Emergency Card

Security, ease of use, and accessibility all for **FREE**

[Click to learn more](#) [»](#)

[Register Now](#) [»](#)

"If your child or parent had a medical emergency, would you have the information you needed about their health? myHealthFolders.com is a valuable new tool that makes it easy



myHealthFolders - My Information - Microsoft Internet Explorer

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BJC HealthCare

Home
Emergency Information
Manage my Folders
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Hello, John Doe
Questions? Call our Customer Support Center 800-735-8609

my Family Members
» John Doe
» Mary Doe
» Julie Doe
» Erik Doe
» Add a Family Member

my Information
» General Information
» Emergency Contacts
» Legal Information

my Providers

my Medical History

General Information for: John Doe

GENERAL INFORMATION
Record basics such as names, addresses, contact information, occupations and employers.  
Required fields indicated by \*

First Name:\* John
Middle Name or Initial: G

Last Name\* Doe
Suffix:

Nickname:
Previous Name:

List any other names your medical information may be listed under (e.g., maiden name, name changes).

ADDRESS
Record addresses such as primary residence, family homes, vacation home, etc.

Add Address

View	Edit	Delete	Address	Phone
			Primary Address	636-551-5431

Done
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### Medical Emergency Card

*See emergency information on back June 2006*

**John Doe**

Emergency ID:  
**5963 820 471**

Password:  
**8903**


**Go to <http://myhealthfolders.com/emergency> to view medical report, or call 800-735-8702**

Primary Care Physician: <b>James Williams</b> <b>314-555-8900</b>	Blood Type: <b>A Positive</b>
PCP Emergency Phone: <b>314-555-8910</b>	Allergies/Drug Sensitivities: <b>Penicillin</b>
Emergency Contact: <b>Mary Doe</b> <b>636-551-5431</b>	Medical Directives: <b>Organ Donation, Living Will</b>


Your new "Emergency ID" and "Password" are displayed on the card above. They will become effective only if you press the "Print Card" button below.

**PLEASE USE THE PRINT CARD BUTTON BELOW AS THE PRINT FEATURE OF YOUR BROWSER WILL NOT SAVE YOUR NEW EMERGENCY ID AND PASSWORD.**

When you print a new emergency card with the new ID and password, your old emergency ID and password remain in effect for fourteen (14) days.

>> Print Card 

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\*\*\* For Use in a Medical Emergency Only \*\*\*

<b>Emergency Health Information</b>	<b>John G Doe</b>
Date Printed: 6/27/2006	Last Update: 6/6/2006

DISCLAIMER

The information contained in this record has been generated by the above named person ("Record Holder"). It is solely the Record Holder's responsibility to ensure that the information contained herein is accurate. BJC HealthCare<sup>SM</sup> makes no representations as to the accuracy of this information or suitability of it for any person or entity. The recipient of this information acknowledges and agrees that reliance on these materials is entirely at such person's own risk and that BJC HealthCare<sup>SM</sup> shall have no liability or obligations resulting therefrom. Further, the recipient of this information must keep it confidential for the benefit of the Record Holder.

<b>Personal Information</b>	<b>Section Updated: 6/6/2006</b>
<b>Name:</b> John G Doe <b>Nickname:</b> <b>Previous Name:</b> <b>Work Phone:</b> 314-445-0000 ext. 1004 <b>Primary Language:</b> English <b>Secondary Language:</b> Spanish	<b>Marital Status:</b> Married <b>Gender:</b> Male <b>Date of Birth:</b> 12/5/1960 <b>Age:</b> 45 <b>Ethnicity/Race:</b> White <b>Eye Color:</b> Brown <b>Hair Color:</b> Brown <b>Birthmarks/Scars:</b> Scar on left knee

<b>Primary Address</b>	
<b>Address Name:</b> <b>Address:</b> 1155 Main Street St. Charles, MO 63304	<b>Phone:</b> 636-551-5431

<b>Primary Employment</b>
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St. Charles, MO 63304

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**Primary Employment**

<b>Employer:</b> ACME Construction <b>Address:</b> 555 Earth City St. Louis, MO 63141	<b>Occupation:</b> Foreman <b>Phone:</b> 314-445-0000 <b>Hazard Work Conditions:</b> Construction sites.
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**Emergency Contacts** **Section Updated: 6/6/2006**

**Primary**

<b>Name:</b> Mary S Doe <b>Relationship:</b> Spouse <b>Phone:</b> 636-551-5431 <b>Work Phone:</b> 314-555-2000 ext. 456 <b>Cell Phone:</b> 314-267-9123 <b>Pager:</b> <b>Alternate Phone:</b> <b>Alternate Email:</b>	<b>Address:</b> 1155 Main Street St. Charles, MO 63304 <b>Employer:</b> Kennedy High School <b>Work Address:</b> 4512 Hedge Street St. Louis, MO 63304 <b>Phone:</b> 314-555-2000
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**Secondary**

<b>Name:</b> Julie T Doe <b>Relationship:</b> Daughter <b>Phone:</b> 636-551-5431 <b>Work Phone:</b> <b>Cell Phone:</b> 314-789-5641 <b>Pager:</b>	<b>Address:</b> 1155 Main Street St. Charles, MO 63304 <b>Employer:</b> <b>Work Address:</b> <b>Phone:</b>
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<b>Name:</b> Erik S Doe <b>Relationship:</b> Son <b>Phone:</b> 636-551-5431 <b>Work Phone:</b> <b>Cell Phone:</b> 314-255-6799 <b>Pager:</b>	<b>Address:</b> 1155 Main Street St. Charles, MO 63304 <b>Employer:</b> <b>Work Address:</b> <b>Phone:</b>
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**Last Physical:** 5/5/2006  
**Doctor:** James Williams MD  
**Results:** Blood pressure still high.  
**Comments:** High blood pressure controlled

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**General History**

Section Updated: 6/6/2006

Allergies

Arthritis/ Rheumatism

Drug Sensitivities

Hypertension/ High Blood Pressure

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**Allergies/Drug Sensitivities**

Section Updated: 6/6/2006

Type: Penicillin  
Reaction: Hives  
Severity: Mild  
Doctor:

Date Last Occurred: 5/7/2000  
Treatment:  
Comments:

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**Medications**

Section Updated: 6/6/2006

**Current**

Medication Name: ASPIRIN  
Dosage: 350 MG  
Quantity: 1  
Form: Tablet  
Frequency: 1x Daily  
Prescribed By:

Start Date: 6/5/2004  
Stop Date:  
Pharmacy:  
Pharmacy Number:  
Prescription Number:  
Prescription Date:  
Comments:

Medication Name: ZOCOR  
Dosage: 20MG  
Quantity: 1  
Form: TABLET; ORAL  
Frequency: 1x Daily  
Prescribed By: James Williams MD

Start Date: 6/10/2004  
Stop Date:  
Pharmacy:  
Pharmacy Number: 314-555-8900  
Prescription Number: 4512548  
Prescription Date: 6/10/2006  
Comments:

**Previous**

None Entered

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Conditions		Section Updated: 6/6/2006
<b>Condition:</b> Cholesterol <b>Date Diagnosed:</b> 6/10/2004 <b>Doctor:</b> James Williams MD <b>Age at Onset:</b> 44	<b>Treatment:</b> Medication <b>Status:</b> Controlled with medication <b>Comments:</b>	
<b>Condition:</b> High Blood Pressure <b>Date Diagnosed:</b> 6/7/2004 <b>Doctor:</b> James Williams MD <b>Age at Onset:</b> 44	<b>Treatment:</b> Medication, exercise and weight control <b>Status:</b> Under control <b>Comments:</b>	
Surgeries		Section Updated: 6/6/2006
<b>Surgery:</b> Arthroscopy <b>Description:</b> Left knee - torn cartilage <b>Date:</b> 6/11/2002 <b>Doctor:</b> Andrew Franks MD	<b>Hospital:</b> <b>Results:</b> Surgery was successful - pain eliminated - motion restored <b>Comments:</b>	
Immunizations		Section Updated: 6/6/2006
<b>Immunization:</b> Tetanus <b>Date:</b> 5/9/2006 <b>Booster:</b> Yes	<b>Administered By:</b> James Williams MD <b>Comments:</b>	
Clinical Tests		Section Updated: 6/6/2006
<b>Clinical Test:</b> Heart Disease, Testing For (Coronary Artery Disease Screening Tests (CAD)) <b>Date:</b> 6/6/2006 <b>Requesting Doctor:</b> James KWilliams MD <b>Administered By:</b>	<b>Reason:</b> High blood pressure <b>Result:</b> <b>Comments:</b>	
Pregnancies		No Information Available
None Entered		

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**Pregnancies**
No Information Available

None Entered

**Family History**
Section Updated: 6/6/2006

<b>Relationship:</b> Father <b>Place of Birth:</b> Wausau, WS <b>Date of Birth:</b> 6/1/1917 <b>Current Health Status:</b> Deceased	<b>Comments:</b> Heart disease. <b>Age at Death:</b> 68 <b>Cause of Death:</b> Heart disease.
<b>Relationship:</b> Mother <b>Place of Birth:</b> St. Louis <b>Date of Birth:</b> 4/16/1920 <b>Current Health Status:</b> Good	<b>Comments:</b> <b>Age at Death:</b> <b>Cause of Death:</b>

**Family General Conditions**
Section Updated: 6/6/2006

Condition	Mother	Father	Siblings	Grandparents
Allergies	X			
Alzheimer's Disease	X			
Cancer/Tumor				X
Development Disability				X
Eye Disorder/ Glaucoma	X			
Heart Condition/ Chest Pain		X		
High Blood Cholesterol		X		
Hypertension/ High Blood Pressure		X		

**Foreign Travel**
Section Updated: 6/6/2006

<b>Country:</b> United Kingdom <b>From Date:</b> 11/8/2005 <b>To Date:</b> 11/15/2005	<b>Comments:</b>
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**Foreign Travel**

Section Updated: 6/6/2006

Country: United Kingdom  
From Date: 11/8/2005  
To Date: 11/15/2005

Comments:

**Legal Information**

Section Updated: 6/6/2006

**Organ Donation**

Contact Name: Mary S Doe  
Phone: 636-551-5431  
Date Filed: 2/3/2005

State Where Registered: Missouri  
Comments:

**Medical Directives**

Type: Living Will  
Contact Name: Mary S Doe  
Phone: 636-551-5431  
Date Filed: 4/8/2003

Document Location:  
Address:  
Comments:

**Insurance**

Section Updated: 6/6/2006

Type: Group Medical  
Company Name: HealthLink  
Policy/Group Number: 45874152  
Member ID: 67785  
Address: 1525 Morgnaford Drive  
Los Angeles, CA 99854  
Phone: 956-778-5200

Primary Insured: Erik S Doe  
Employer Name:  
Address:

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# Quick Summary

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- BJC offers a variety of free health literacy programming to our employees to help them manage their health. More information is available at [www.bjchelpforyourhealth.com](http://www.bjchelpforyourhealth.com) and [www.myHealthFolders.com](http://www.myHealthFolders.com)
- We encourage employers to provide health literacy services to their employees, including myHealthFolders at no cost to their employees.
- We are partnering with employers to offer successful and proven approaches to help reduce the high cost of employee health benefits.
- These programs are part of BJC's commitment to investing in the community.

# BJC's Goals

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- To encourage personal responsibility for health.
- To reduce the cost of health care and medical benefits.
- To improve the health of our community.

# A Vision of the Future

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- In ten years, we are outperforming the national average on each of our health-care metrics.
- We have achieved this improved standard of health without continuing to increase the costs devoted to providing health-care services, but by intentionally focusing on improving health.
- The health-care provider community is recognized for its health and wellness outreach programs to citizens across the state.
- Missouri has become the Show-Me State when it comes to the application of “smart technologies” to providing health-care services.
- Our citizens take seriously their personal responsibility for maintaining health as evidenced by the dramatic decrease in the number of Missourians who smoke, the decrease in obesity among adults and children, and the demonstrable increase in the productivity of our workforce.